

# Don't Worry, Be Prayerful

By David J. Stewart | May 2007

**"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." —Philippians 4:6**

The word *care* in 1st Peter 5:7 comes from the Greek *merimna*, meaning "anxiety," and the word *careth* comes from the Greek *melo*, which means "to care about." The word *casting* is the Greek *epirrhinto*, meaning "to throw upon, place upon." Hence, God is telling us to place our anxieties upon Him because He cares about us. Philippians 4:6 states, *"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."* The word *careful* here is the Greek *merimnao* and means "to be anxious, to be troubled with cares." Here is a powerful true quote from Corrie Ten Boom, *"Worrying does not empty tomorrow of its troubles, it empties today of its strength."*



So God is saying that we shouldn't allow anything to trouble us to the point of worry and stress. We are to place such things into God's hands. Truly, this is one of the most difficult Scriptures in the Bible to follow, because we worry by nature as humans. It's in our sin-nature. With all the problems which life presents, it seems impossible not to worry; yet, God has commanded us to place our troubles at His feet before the throne of grace.

God cares about us. God knows what things we need, even before we even ask Him for those needs, *"...for your Father knoweth what things ye have need of, before ye ask him"* (Matthew 6:8). The word *knoweth* means "to stare upon." God literally monitors us, and our needs, 24/7. God loves us. The Bible teaches that even the very hairs of our head are numbered by God, *"But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows"* (Luke 12:7). There is a Gospel hymn that sums these Scriptures up very well...

## WHAT A FRIEND WE HAVE IN JESUS:

1. What a friend we have in Jesus,  
all our sins and griefs to bear!  
What a privilege to carry  
everything to God in prayer!  
O what peace we often forfeit,  
O what needless pain we bear,  
all because we do not carry  
everything to God in prayer.
2. Have we trials and temptations?  
Is there trouble anywhere?

We should never be discouraged;  
take it to the Lord in prayer.  
Can we find a friend so faithful  
who will all our sorrows share?  
Jesus knows our every weakness;  
take it to the Lord in prayer.

3. Are we weak and heavy laden,  
cumbered with a load of care?  
Precious Savior, still our refuge;  
take it to the Lord in prayer.  
Do thy friends despise, forsake thee?  
Take it to the Lord in prayer!  
In his arms he'll take and shield thee;  
thou wilt find a solace there.

Oh! What peace we often forfeit, Oh what needless pain we bare, all because we do not carry, everything to God in prayer. So many people let the failures of the past, and worries over the future, rob them of their joy of serving God today! Billions of dollars are spent annually in America due to illnesses related to stress and anxiety. Though a lesson hard to learn for many believers, including myself, it is in our best interests that we learn to LET GO, AND LET GOD!

***"For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need." —Hebrews 4:15,16***

---

## Believer's Corner

